

P7

The game at P7 is played according to the IRB under-19 law variations, with the exception of the following:

PLAYING NUMBERS

Games must proceed with even numbers.

10 players per team – 5 forwards and 5 backs.

Exception: schools and clubs with large numbers may play up to 13-a-side (6 forwards, 7 backs) as long as both teams agree and P7 law variations still apply.

All squad players must play a minimum of 20 minutes.

PITCH SIZE 70m x 40m.

BALL SIZE Size 3 or size 4.

KICK-OFF AND RESTARTS

- (1) Tap and pass at the start and after half-time.
 - (2) Restarts after scores - tap and pass. The defending team must be 5m from the mark.
 - (3) Neither team may move before the ball leaves the first player's hands - the first receiver must pass the ball immediately.
- The 'first player' in this instance refers to the player undertaking the tap and pass. No player from either team may move before the ball is passed.
 - Once the ball has left the first player's hands, players from either side can start to move.
 - The 'first receiver' in this instance refers to the player receiving the ball from the 'first player' (highlighted above)



- The first receiver can move as soon as the ball is passed from the tap and pass - as can any player in attack or defence. Therefore the first receiver can receive the pass when moving - however he/she must pass the ball immediately to a team-mate.
 - This variation promotes the first receiver to Go Forward, and also pass the ball quickly to a support runner.
- (4) There must be no cavalry charge - a forward charge by a single player or line of attacking players, all a metre or two apart. Game coaches should encourage passing and distribution skills at all times. Sanction: tap and pass to the non-offending team.

SCORING Try – 1 point.

SCRUMS

- (1) Scrum formation to be 3:2. (exception: 3: 2: 1).
- (2) No pushing or wheeling.
- (3) Both hookers should strike.
- (4) Scrum half must pass, then at least one further pass must be made before a try can be scored.
- (5) The opposition scrum half must remain at the midline and allow an immediate pass.

TOUCH

- (1) The lineout should start 3m from the touchline.
- (2) After the lineout, two passes must be made before a try can be scored.
- (3) Lineouts are not to be contested. There is to be no lineout supporting or lifting at this level.
- (4) The lineout ends when the ball or the player carrying it leaves the lineout.

KICKING

Kicking is only allowed within 5m of the kicker's goal line.

OPEN PLAY

- (1) The ball must emerge from rucks within 5 seconds.
Sanction: tap and pass to the team who did not take it into the ruck.
- (2) A pile-up must be stopped immediately and a scrum awarded to the side going forward.
- (3) As per the full laws, tackled players must pass, play or release the ball and move away immediately.
- (4) All tackles must be below the waist and defending players cannot prevent the ball from being played.
Sanction: tap and pass.
- (5) Defending players can contest the ball once the tackle is complete.

BALL CONTROL

The ball must be held in two hands at all times.

HAND OFF

No hand-off is permitted. Sanction: tap and pass.

GAME COACH

There will be one game coach on the pitch who will apply the laws of the game (no other adults should be on the pitch).

TIME

Maximum playing time is: 2 x 20 minutes.

During festivals shorter games may be played but no player should play a total of more than 60 minutes.

